

Chunky Avocado Salad

AvocadoCentral.com

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Servings: 6

2 medium avocados, coarsely chopped

1 large tomato, coarsely chopped

1/3 cup black olives, coarsely
chopped

1/4 cup green onion, coarsely chopped
juice of one lemon

1/4 teaspoon Kosher salt

1/4 teaspoon pepper

2 tablespoons extra-virgin olive oil

Cut the avocados and tomatoes into bite-size pieces. Chop the olives and green onions. Squeeze the lemon for juice (two tablespoons) into the salad bowl.

Add the salt and pepper to the lemon juice. Whisk in the oil.

Add the remaining ingredients. Gently toss to coat.

Serve.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 162 Calories; 16g Fat (80.8% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 152mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 3 Fat.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	162
% Calories from Fat:	80.8%
% Calories from Carbohydrates:	15.4%
% Calories from Protein:	3.7%
Total Fat (g):	16g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
	2g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	47mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 2g
 Sodium (mg): 152mg
 Potassium (mg): 460mg
 Calcium (mg): 18mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 10mg
 Vitamin A (i.u.): 583IU
 Vitamin A (r.e.): 58RE

Grain (Starch):
 Lean Meat: 0
 Vegetable: 0
 Fruit: 1/2
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 162 **Calories from Fat:** 131

% Daily Values*

Total Fat	16g	24%
Saturated Fat	2g	12%
Cholesterol	0mg	0%
Sodium	152mg	6%
Total Carbohydrates	7g	2%
Dietary Fiber	2g	9%
Protein	2g	

Vitamin A	12%
Vitamin C	17%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.